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THAT WHICH IS CLAIMED:

- A fiber optic cable, said fiber optic cable comprising:
 a cable core having at least one optical fiber;
- a ripcord, the ripcord being an electrically conductive 5 material operative, upon application of a sufficient pulling force, to rip at least one cable component for facilitating access to said at least one optical fiber.
- 2. The fiber optic cable of claim 1, said ripcord having a surface roughness thereon.
 - 3. The fiber optic cable of claim 1, said ripcord having an excess length.
 - 4. The fiber optic cable of claim 1, said ripcord being generally stranded around a longitudinal axis of said fiber optic cable.
 - 5. The fiber optic cable of claim 1, said ripcord including a coating thereon.
 - 6. The fiber optic cable of claim 1, said ripcord having a diameter of at least about 0.012 inches.
- 7. The fiber optic cable of claim 1, said ripcord being disposed generally adjacent to at least one strength element.
 - 8. The fiber optic cable of claim 1, said ripcord being selected from one of the group of copper, steel, aluminum, and copper-cladded steel.
 - 9. The fiber optic cable of claim 1, said ripcord having a portion thereof embedded within a buffer tube.

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- 10. The fiber optic cable of claim 1, said ripcord being removably attached to at least one cable component.
- 5 11. The fiber optic cable of claim 1, said ripcord having a tensile strength being in the range of about 20 ksi to about 230 ksi.

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- 12. A fiber optic cable, said fiber optic cable comprising:
 - a cable core having at least one optical fiber;
- a ripcord, the ripcord having a portion being an electrically semi-conductive material operative, upon application of a sufficient pulling force, to rip at least one cable component for facilitating access to said at least one optical fiber.
- 13. The fiber optic cable of claim 12, said ripcord having an excess length.
 - 14. The fiber optic cable of claim 12, said ripcord being generally stranded around a longitudinal axis of said fiber optic cable.
 - 15. The fiber optic cable of claim 12, said ripcord including a coating thereon.
 - 16. The fiber optic cable of claim 12, said ripcord having a diameter of at least about 0.012 inches.
 - 17. The fiber optic cable of claim 12, said ripcord being disposed generally adjacent to at least one strength element.
- 25 18. The fiber optic cable of claim 12, said ripcord being a carbon fiber.
 - 19. The fiber optic cable of claim 12, said ripcord having a portion thereof embedded within a buffer tube.
 - 20. The fiber optic cable of claim 12, said ripcord being removably attached to at least one cable component.

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- 21. The fiber optic cable of claim 12, said ripcord further comprising a composite material.
- 22. The fiber optic cable of claim 21, said ripcord having a resistivity being in the range of about 150 micro-ohms per centimeter to about 3000 micro-ohms per centimeter.

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- 23. A fiber optic cable, said fiber optic cable comprising: a cable core having at least one optical fiber;
- a ripcord, the ripcord having an excess length with respect to an associated portion of the fiber optic cable and being operative, upon application of a sufficient pulling force, to rip at least one cable component for facilitating access to said at least one optical fiber.
- 24. The fiber optic cable of claim 23, said ripcord being a conductive material.
 - 25. The fiber optic cable of claim 23, said ripcord being selected from one of the group of copper, steel, aluminum, and copper-cladded steel.
 - 26. The fiber optic cable of claim 23, said ripcord being a dielectric material.
 - 27. The fiber optic cable of claim 23, said ripcord being a portion of a semi-conductive material.
 - 28. The fiber optic cable of claim 23, said ripcord including a coating thereon.
- 25 29. The fiber optic cable of claim 23, said ripcord having a portion thereof embedded within a cable component.
 - 30. The fiber optic cable of claim 23, said ripcord having a portion thereof attached to a cable component.
 - 31. The fiber optic cable of claim 23, said excess length being proximate to a switchback portion of the fiber optic cable.

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